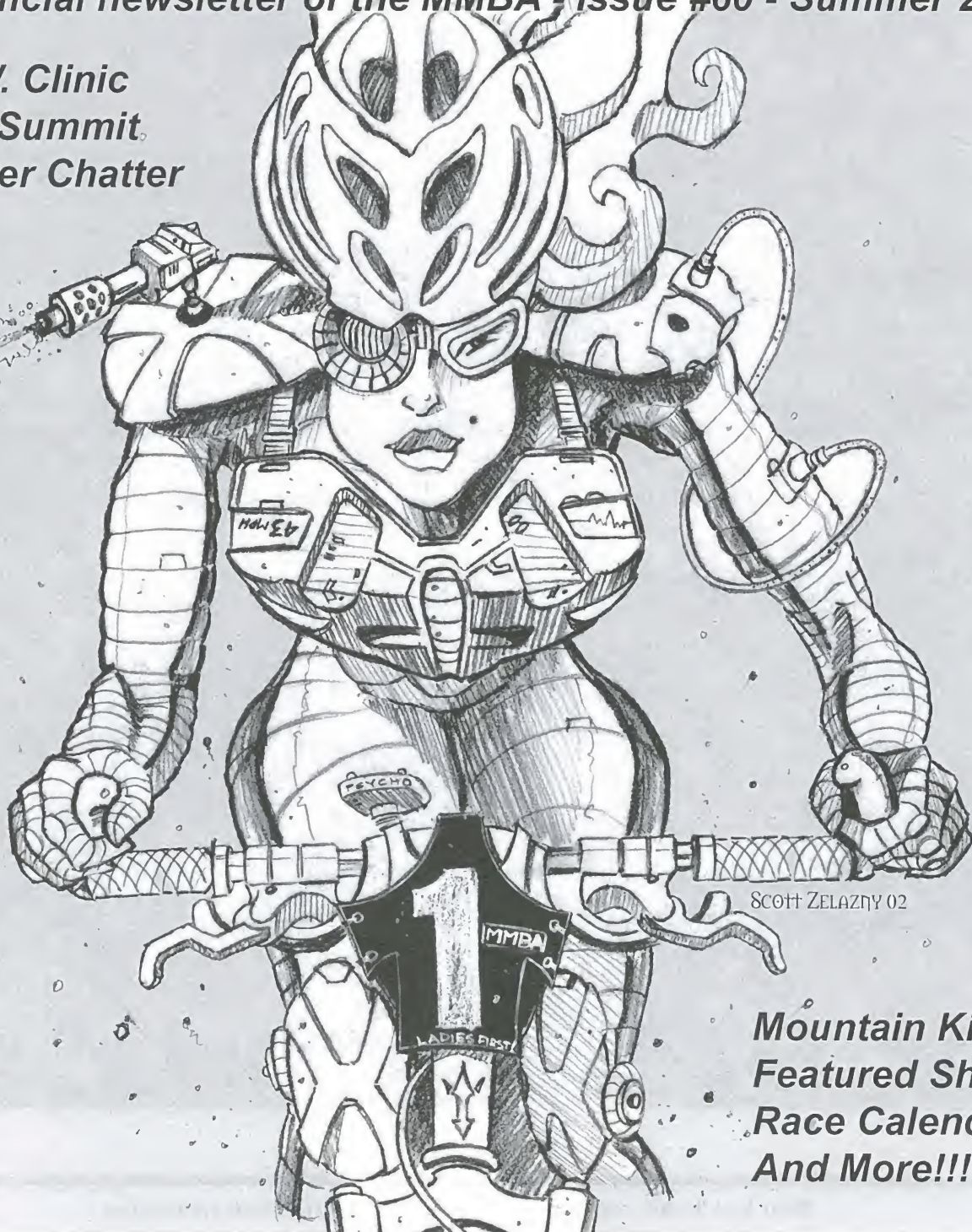


BENT RIM BUGLE

The official newsletter of the MMBA - Issue #60 - Summer 2002

**B.O.W. Clinic
IMBA Summit
Chapter Chatter**



**Mountain Kids
Featured Shop
Race Calendar
And More!!!**

The ABC's of Safety: Air bags. Buckle up. Children in back. Outback L.L.Bean Edition shown with optional equipment. Subaru is proud to be associated with the International Mountain Bicycling Association.

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for people who are into coasting. It's for you.



The Beauty of All-Wheel Drive.

The Michigan Mountain Biking Association (MMBA) is a 501-(C)(3) non-profit organization. We have 1,600 members in nine chapters throughout Michigan. The mission of the MMBA is to promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users.

The Bent Rim Bugle is published four times a year (March, June, Sept, Dec.) by the Michigan Mountain Biking Association and distributed to all members. It is made possible by volunteers and riders like you.

Bent Rim Bugle

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Visit the MMBA on the web, **new and improved site**, for contact information and much more.

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Cover art by Scott Zelazny

T O D D S C O T T

The Prez Sez

president@mmba.org



MHC-MMBA MOU

The Michigan Horse Council and the MMBA are very proud to announce a joint memorandum of understanding (MOU.)

Basically the MOU states our collective desire to work together to communicate, resolve our differences, and work hand in hand on our common goals -- basically trails, trail user education, and land preservation. We really need to work together along with other non-motorized trail users to elevate our status within the DNR. Currently we don't get as much attention as campers, motorized users, hunters and others despite being one of the largest park users.

And open space preservation is a common concern. Strip malls and subdivision development is certainly outpacing park development. Interestingly enough, sprawl motivates many equestrians and cyclists to use trails. Many quiet backcountry dirt roads that were once great places to ride are now either paved or crowded with fast moving traffic. I do believe this MOU is one of the first of its kind, at least on a state-wide basis. (see the MOU on page 3)

Volunteer Leadership Award

Our own Karen Millar, who was awarded the 2001 MMBA State Volunteer of the Year, also won the Michigan Week 2002 Volunteer Leadership Award. This award comes from the State of Michigan and recognizes Karen for her "dedication to community service and many hours of volunteer work." Congratulations, Karen!

MMBA Receives M-DOT Funding

The Michigan Department of Transportation has once again provided \$5,000 to the MMBA to pay a portion of our Trail Resource Handbook costs. The funding is provided to assist the MMBA in promoting "the use of bicycling as a means of travel in Michigan." Thanks M-DOT!

New MMBA Applications

Our new membership numbers are well below our historic averages and it's quite a concern. (On the other hand, renewals are doing quite well.) One reason for the downfall is the lack of MMBA applications in the bike shops. We recently created a new application, printed 10,000 of them, and expect to have them in all the local shops soon.

IMBA Moab Summit

Dan Harrison, our Michigan IMBA representative and I attended the IMBA advocacy conference in Moab, Utah. It was inspiring, educational, and at times, downright push. IMBA really has their gears shifting perfectly.

Perhaps the best advice I got from the conference is that volunteers in leadership positions are responsible for making sure they have a replacement. No one can do the same volunteer tasks forever, so it makes sense that you find a capable replacement and train them prior to your departure. It makes the transition so much smoother, especially in volunteer organizations such as the MMBA.

Another major focus of the Summit was building more technical trails (e.g. Burchfield and North Shore.) This is certainly a desire for many in our state, as it is around the world. The IMBA trail care crews have already provided some technical trail building instructions in their recent trail building guide. They're also looking to expand that. The key is to make them relatively safe and sustainable. The MMBA is also looking at possible legislation that would further limit landowner liability for these technical trails. We're working with State Rep. Mike Bishop to possibly expand some existing skate park legislation. (see page 4 for more on this)

NRC Considers Selling Parks

The Natural Resources Commission (NRC) considered selling less used Michigan State Parks. The idea caused such an uproar that it was tabled, but we're still concerned that it may resurface. The MMBA board is drafting a resolution against such a sale. The Michigan Horse Council has already approved such a resolution.



"Behind The Scenes"

MEMORANDUM OF UNDERSTANDING:

**The Michigan Horse Council &
The Michigan Mountain Biking Association**

Description of Parties

The Michigan Horse Council (MHC) is a 501(c)(3) non-profit organization dedicated to the purposes of education and promotion of the Michigan equine industry. The objectives of the MHC are to (1) act on behalf of the horse industry as a whole to coordinate horse - related activities, organizations and research efforts; (2) assist the Legislature with information on the horse industry so they may be better equipped to act upon horse-related legislation; (3) promote educational programs for horse owners and prospective horse owners; and (4) to impress upon the government and the people of Michigan the economic impact and value of the horse industry upon our state. The MHC is recognized as the largest equine advocate in Michigan and is an affiliate member of the American Horse Council.

The Michigan Mountain Biking Association (MMBA) is a 501(c)(3) non-profit corporation. The mission of the MMBA is to promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users. The MMBA is the recognized IMBA-affiliate for the state of Michigan.

Desired Future Condition(s)

The MHC and MMBA will foster an equitable, factual partnership that will aid, educate and inform the trail user community and land management representatives. This partnership will allow for direct action to common ground solutions on land preservation, trail access, environmental and recreational issues.

The MHC and MMBA will:

1. Create open, equitable dialogue to form partnerships that will create and maintain trail access on a local, county, state and national level.
2. Take a proactive approach to conflict resolution.
3. Educate association membership and landowners to the benefits of multi-use trails systems.
4. Jointly recognize that not all trails are suitable for multi-use designation.
5. Collaborate to form a unified voice to advocate for the preservation of green space regardless of future use.
6. Conduct joint social and trail work events that will serve as a basis for positive interaction.
7. Work together to develop awareness of each other's needs and requirements on the trail.
8. Establish relationships with fellow trail user groups and associations that will benefit the entire trail user community.

The MHC and MMBA agree to work together to make Michigan the model of cooperation between equestrians, mountain bikers, and land management authorities.

R. J. Smith, President
Michigan Horse Council

Todd Scott, President
Michigan Mountain Biking Association

IMBA Summit report *by Dan Harrison*

On Thursday, April 18, MMBA President Todd Scott traveled to Moab to attend the 2002 IMBA summit. The setting was the spectacular Castle Valley. Red Cliffs Adventure Lodge, a working ranch on the banks of the Colorado River, opened their doors for us-- in fact, we were their FIRST customers. They literally opened for business that very day. From the fantastic job they did, however, you'd scarcely have known it.

Attendees included IMBA reps from around the country and the world, including Italy, Canada, England, Wales, and Australia. Industry spokesmen were there from REI and Quality Bike Products (both major sponsors of the event), Shimano, and more. Representatives from the Interior Department, Bureau of Land Management, National Parks Service, National Forest Service, and Federal Highway Administration were there to present their programs, and to listen to our concerns. Celebrity watchers could rub elbows (and even tires) with Bob Roll, Travis Brown, Ned Overend, and Wade Simmons.

The IMBA staff were fantastic. The logistics of keeping a couple hundred outdoorsy types housed, fed, informed and entertained for four days was a daunting task, but between rigorous planning and inspired improvisation, they pulled it off with scarcely a hitch.

Since we were urged NOT to bring our bikes (nasty transportation problems), the Moab biking community pitched in and loaned the summit a huge fleet of bikes. Poison Spider, Chili Pepper, Edge Cyclery, Rim Cyclery and Coyote Shuttle all provided services, but above-and-beyond honors go to Ashley Korenblat, IMBA Board member whose Moab-based "Western Spirit" outfitters provided four huge vans loaded with brand-new Specialized FS bikes. If you're ever in Moab, I strongly urge you to hook up with these people. They know what to do, and they're great to work with.

It was a crowded agenda, but between us Todd and I managed to cover the sessions that relate to the Michigan scene. Here is a link to the summit agenda:

www.imba.com/resources/summit/

"Scribes" were present at all plenary and concurrent sessions, taking notes. These should be accessible on the IMBA website shortly. I also expect several policy and procedural documents to emerge from this summit. Look for the opportunity to form regional focus groups-- in our case, these might include a Great Lakes region (especially regarding NMBP training & cooperation) and possibly an NCT group, including reps from NY, PA, OH, MI, WI, MN and ND.



Todd Scott soaking up the sights of Moab!



Dan and Jim Krutsch from the Northern Indiana group NIMBA.



"Ar-Ar-AARRRR! Dan at the controls of IMBA's new (reconditioned) Sweco mini-dozer."

- IMBA rep network - you are IMBA;
- Top of the World Trail ride (got hailed on at 7,000' - kew!!)
- Summit Closing ceremony.

Sunday:

- Sweco demo. IMBA was the recipient of a rebuilt Sweco 450 mini-dozer, which will be available for trail projects around the country (just the thing for PLRA?)

If you are interested in knowing more about any of the sessions I attended, drop me a line.

Dan Harrison, IMBA rep for Michigan imba@mmba.org

The sessions I attended were:

Friday:

- Welcoming remarks;
- Patrol brainstorming session (not shown on draft agenda);
- "The future of mountain biking on federal public lands;"
- "Building a broad-based MTB community: How to support Downhillers, Freeriders and Trials/Stunt riders;"
- Slickrock ride
- Welcome to Moab BBQ/Moab Singletrack Initiative presentation.

Saturday:

- Subaru/IMBA TCCs-trailbuilding & advocacy
- Maximizing the effectiveness of your MTB patrol;

WHAT MAKES YOU SMILE

(random thoughts from the MMBA.org the bulletin board)

- *That epic ride you can relive over and over.
- *On the highway, seeing the shadow of the car with bikes on it.
- *The intense solitude and challenge of being on a trail alone, when all there is in the world is you and the power within you.
- *The first time I got air, and every subsequent time.
- *Crashing, chainring tattoos, broken ribs, gravel rash, bear claws, and the silent admiration of guys who think I'm tough.
- *The sound of the chain rattling, camelbak splashing, and my breath being pulled away by jumping, careening, flying.
- *A perfect wheel drift in a high-speed corner.
- *The fact that people at work don't get me, or it.
- *Hammering down a technical downhill even though I'm wasted from the climb.
- *Having a close call with a tree but managing to miss it.
- *Looking at the mini yellow jersey I bought for my unborn baby.
- *Seeing an old bike being ridden again, brought back to life.
- *The tires of my son's bike being worn completely to slicks.
- *The work and pain in the first five miles as I warm up – times it doesn't go away all day. The feeling after the first five miles like I can go forever.
- *Losing my stomach on whoop-de-dos.
- *Not knowing where the miles or time went, lost in that wonderful zone spinning along, worlds away but very much there, feeling everything and nothing, not thinking, just riding.
- *Riding the trail I just worked on for four hours.
- *The honesty of a bike.
- *The top of a hill.
- *My riding buddies, tolerating my limits, laughing at me when I deserve it, laughing with me otherwise.
- *Riding with friends that don't care what kind of rider you are even though they are far better.
- *Being 50 and knowing that I'll be riding my bike, God willing, til I'm in the grave.
- *My wife saying to me "aren't you going riding?" when I come in from work.
- *When I'm out in the country on my bike. I haven't seen or heard a car for 20 minutes. The whir of your tires, the birds, and the warm breeze blowing over the hay fields are the only sounds. Then everything just goes numb. The bike seems to disappear from under you. You're just there. Floating above the ground effortlessly. Like the seeds you blew off an old dandelion when you were a kid. It lasts only a few minutes. It's why I ride, and it makes me smile every time I think of it.

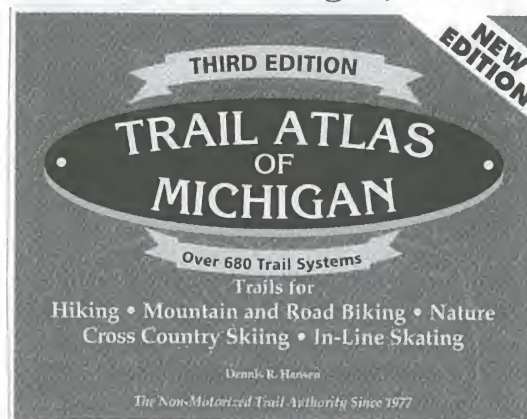
***Hanging out with people
that "get it!"***



Photo by Todd Scott

Bob Roll, OLN road racing commentator, smiles about his new MMBA t-shirt at the IMBA summit in Moab.

Trail Atlas of Michigan, 3rd Edition



The 25th Anniversary Edition! This 3rd Edition is totally revised for 2002. The first revision since 1997. The only comprehensive guide of non-motorized trails in Michigan. Covers hiking, x-c skiing, mountain and road biking, in-line skating and nature trails. Over 680 trail systems, 789 pgs, 11" x 8.5" & 5 lbs! Every trail entry includes at least one map (often more), addresses, phone no's, web sites, trail head directions, complete trail descriptions, difficulty ratings, general trail information and much more. 7 pages of C/C & CVB phone No. & web sites for easy trip planning. Time tested (25 yrs) trail location system for every part of the state. 11 page index! The undisputed non-motorized trail authority for Michigan since 1977.

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The Michigan Youth Cycling Program: much more than just a race team

Families and kids across Michigan are teaming up with the Michigan Youth Cycling Program's (MYCP) race team and community programs. The idea of the program was forged on a cold December night when a diverse group of cyclists, parents, and health enthusiasts met in a living room in Pinckney, MI to lay the foundation of what would become Kids Race Sports Development, Inc., now a 501 (c) (3) non-profit organization. Though each person in attendance brought different professional, academic, and personal experiences to that initial meeting, all believed in the need to support junior development while promoting cycling as a lifetime activity to children and youth throughout Michigan. Because this need has so many different components, the organization formed two separate programs: a team devoted to junior cyclists; and, a community based initiative to introduce children to cycling.

Community based programming is the Michigan Youth Cycling Program's top priority, and with good reason! Recent health data published by the Governors Council on Physical Fitness, Health, and Sports show that one of every two children in Michigan today is likely to die prematurely from preventable cardiovascular disease or preventable cancer because of sedentary lifestyle and excess weight. Michigan's children are four times more likely to have higher blood pressure than the national average, and 39% of kids in Michigan have elevated cholesterol levels. The Governor's Council on Physical Fitness, Health and Sports, also stresses that positive exercise habits formed in childhood often carry over to adulthood. The MYCP's hopes get the message out to kids that an activity like cycling can be fun, healthy, and non-competitive. As a result, the organization hopes to positively impact Michigan's kids by reducing the death and illness trends from inactivity while also helping kids feel good about themselves.

The task of prolonging and improving the lives of children cannot be accomplished by one organization alone. As a result, the MYCP is collaborating with efforts across the state to get young people and families out on

bikes. Grants and fundraising initiatives have been developed, and by next summer the MYCP hopes to have a full stable of bikes and all of the necessary equipment to manage non-competitive bike events for youth and families all over the state. All efforts are currently volunteer-based and rely upon family and community involvement. The MYCP is also sending members to schools to do BMX demonstrations and to talk with students about the benefits of physical activity. A family-oriented cycling festival in partnership with the Michigan Mountain Biking Association's Mountain Kids Program is in the works for 2002. Future MYCP efforts will include: advocating physical education in schools; working with health educators; and, working with communities to develop their own cycling and recreation programs.

The MYCP also knew that it couldn't ignore those kids already involved in cycling. As a result, the Specialized/Kids Race Sports Team was formed to support junior cyclists of all disciplines and levels of competition. The teams focus is on teaching young cyclists the necessary skills and knowledge to become successful: developing efficient and effective training habits; mastering bike



Photos by Tom Lining

handling skills; developing individual and team race tactics; personal development and sportsmanship; and rider safety. Most important, the focus of the race team is to have fun, while pursuing a healthy, life-long sport.

During the 2002 CPS races, keep an eye on the kids events. Tailwind Enterprises and the MYCP have partnered to create the Specialized Kids Race series, in which a new kids bike will be randomly given to one of the kids' race participants. Bikes and other gear will also be given to the male and female winners of the junior Championship Point Series. This support of junior racing is only possible due to the generosity of sponsors, Specialized Bikes, Jones Soda, Tailwind Enterprises, On Two Wheels, Fraser Bikes, Rudy Project, Verge Sport, High Gear Racing, Web Elite, our coaching staff, board members and parent volunteers.

If you would like to get involved with the youth in your community, assist with or learn more about an upcoming event, or would like information about the jr. race team, please check out www.youthcycling.com or contact Alicia H. Mayer at 734-678-7810 or Tom Lining at 248-879-9587 for details.

Ok ladies, ready, set, Race!!! Guys too.

By Jody Koch

On May 18 during the Becoming an Outdoor Woman clinic at Stony Creek Metropark Lesli Maes, Janet Fender and I lead four Intro to Racing clinics over the course of the day. It was a pleasant surprise to see how many women actually showed up early Saturday morning. I figured the frigid temperatures would keep a lot of people at home. I know I had difficulty crawling out from underneath my down comforter. But of the 60 or so who had registered, at least 45 were present. These women deserve a lot of credit for simply coming out and braving the weather.

The clinic was targeted to women who had never raced their bike before. The goal of the clinic was simply to provide attendees with some information about mountain bike racing in general. Armed with the information, each woman was free to decide if racing was something she wanted to try. Below is a summary of the information covered for the benefit of those of you who could not attend. So read up and maybe you'll want to give racing a try, guys too.

First you should be aware of the different racing formats (time trial vs. a mass start cross-country race) and the racing classes and age groups. Although a mass start event sounds a bit intimidating, we explained that it is not common for the women's classes to have huge numbers at the start line (although I wish the converse were true). A typical beginning woman racer can expect to start with 10 or fewer competitors, and can expect to race 8-12 miles, taking less than 1.5 hours. If you can ride your bike for about 10 miles, or for an hour without stopping, you are ready for a beginner race! There are also three different categories, beginner, sport and expert. With different age groups in each one.

Sometime before the race, it is a good idea to ride the course. On your pre-ride, make a mental note of where the difficult sections are and try them out a few times if necessary. If you figure out that you can't ride a section without crashing, decide ahead of time that you will run with your bike. This can save time during the race, since running a section is certainly faster than crashing. It is not necessary to be able to ride everything in order to race. Even pros have to get off their bikes and run every once in a while.

The night before the race, eat a well-balanced dinner and get a good night's sleep. In the morning, eat a good breakfast. Since most beginner races don't start until after noon, it may be necessary to plan on a second meal sometime after breakfast. It is usually best to finish eating your meal 2-3 hours before start time. Race starts tend to be fairly fast, so you want to make sure you don't have a pile of food in your stomach when the intensity cranks up.

Get in a good warm-up before the race (including a couple of hard, short efforts) and cool down for a few minutes after the race. During the race, stay relaxed! Don't panic if you bobble or

if you need to pass someone or if someone needs to pass you. Carry tools, a spare tube and a pump or CO2 cartridge, and know how to use them. Above all else, ride hard and have fun!

Jody Koch



Photos by Bryan Mitchell (www.mountainbikemichigan.com)



More on Racing:

Why would I want to race? You ask yourself. Everyone has their own reasons for racing: The speed, camaraderie, competitiveness (with yourself and others), social aspects, spectating, kids races, a point series, pain, challenge, awards, beautiful courses, motivation for training, fitness, etc. The racing experience will inevitably provide memories of accomplishment, whether you won a race or just suffered harder than you thought you ever could just to see that darned

finish line. You'll have stories of good luck, bad weather, and pain. The challenges you'll battle on the race course will certainly put perspective on the lesser challenges of your everyday life."

Another benefit of racing is how much more fun rides become as your fitness goes up. You will ride harder than you ever have before in your first race. Getting caught up in all the hype and electricity is easy. So if you keep this up you are going to want to train to be faster. As you train your fitness goes up. No those fun rides you go on are even better because you don't suffer as bad as you use to.

So now you are ready to head out to your first race. What should you expect. Well the hardest part of mountain bike racing isn't cornering or climbing. The biggest obstacle is the anxiety that everyone feels as roll up to the starting line before the race. Racing can also be humbling and inspiring at the same time. You will soon find out you are not as great a rider as you thought but at the same time you might also find out you are better than you thought. You'll feel a little better once the race starts and a lot better when it's over. Because no matter your finishing position it's a great sense of accomplishment. Now the next race will be easier because you'll know what to expect.

Knowing what to expect is a big part of calming those pre-race jitters. Here is some more useful advice so that you don't have to learn it the hard way.

***Sign up for a beginner race. These are geared toward racers with little or no experience in mountain bike racing and or usually shorter in length than sport or expert races.**

***Make sure that your bike is in good shape and tuned up before the race. Don't save repairs or adjustments until the night before the race.**

***Chain damage is still the number one problem with mountain bikes. Keeping your chain clean and well-lubricated will help, as will frequent chain replacement.**

***If you are in a multi-lap category, arrange to have someone pass you drinks and food at designated feed zones during the race. Usually in the beginner's category, the race is short enough that a water bottle carried on the bike will be sufficient.**

***Drink lots of fluids before and during the race. It is good practice to begin heavy hydration 72 hours before the start of any competitive event. Be sure you have a water bottle with you at all times. During the race a good rule of thumb is to take a drink every 15 minutes during a race.**

***Try to pre-register for a race. This makes it less hectic on race day and is usually a few dollars cheaper for local race.**

GUESTS IN THE HOME OF THE WILDLIFE

A Look at your Public Lands by Dwain Abramowski

Opinion and advise (with direction from a local DNR Wildlife Management Official) on the use of game areas and other public lands.

In terms of state lands and mountain biking, there are many choices. Virtually all state forest trails are open to mountain biking. In many of the state parks/recreation areas where there is room and trails available there are both multi-use trails and designated mountain bike trails. There are national forest trails, ski area trails, county and city parks, too that are open to mountain biking.

There is however a group of lands that remain in a gray area when it comes to mountain biking – the state game areas. Five years or so ago when I first got into mountain biking, the multi-use (hunting in the fall, cross-country in the winter) state game area near my house was rarely used in the summer. In fact, come June each year you could not even find many of the trails because they would be covered in overgrowth.

Today, it is a favorite spot for those late evening rides all summer long.

Game areas are managed through the DNR separately from other public lands with the main focus on wildlife management and hunting. With this in mind, other activities such as cross-country skiing, hiking, mountain biking, etc. are secondary concerns of the management of game areas in Michigan.

In consideration of this, it is important that we (mountain bikers) understand the game area management goals and take the steps necessary to co-exist in this framework.

First and foremost, we should take it upon ourselves to assist management of these game areas in achieving their main objective of wildlife management and hunting.

Here's a list of what you can do to help:

1. When it is possible, choose other areas to mountain bike. And, remember some game areas have not

designated hiking, cross-country skiing, mountain biking, [or horseback riding], so activities others than hunting may be severely limited.

2. During hunting season (Check the DNR web site for details), choose other areas to ride. At the very least wear appropriate hunters orange clothing.

3. Buy a hunting license and wear it while in the game areas to show your willingness to contribute to its management and preservation. If a license is not possible, contact the management of the game area and express your willingness to contribute time and/or money to game area management projects.

4. Educate yourself and other riders on the land management directives for the lands that you ride. This does not necessarily limit your involvement in game areas.

5. Recognize your impact on the lands you ride and take appropriate measures to mitigate the impact. Meaning, don't ride when it is muddy, cut new trails in the woods, and in short follow the IMBA/MMBA rider responsibility code.

6. Keep eyes and ears open to what is going on in the game areas (as well as other public

lands.) At the local game area where I have the privilege of riding, I have run across individuals who dump trash, discard appliances, junk cars (yes, cars!) and other such garbage. Report these offences to your local land management officials.

7. Remember that a use permit is required for all maintenance activities in game areas. It is advisable that you develop a working relationship with land management officials before you walk in out of the blue and say, "I need a permit" to do this or that.

Lastly, remember that we are guests in game areas and as such we need to make sure we are invited back by being sensitive to the needs of the land managers who administrate over the lands and those who the lands are purchased for, the hunters.

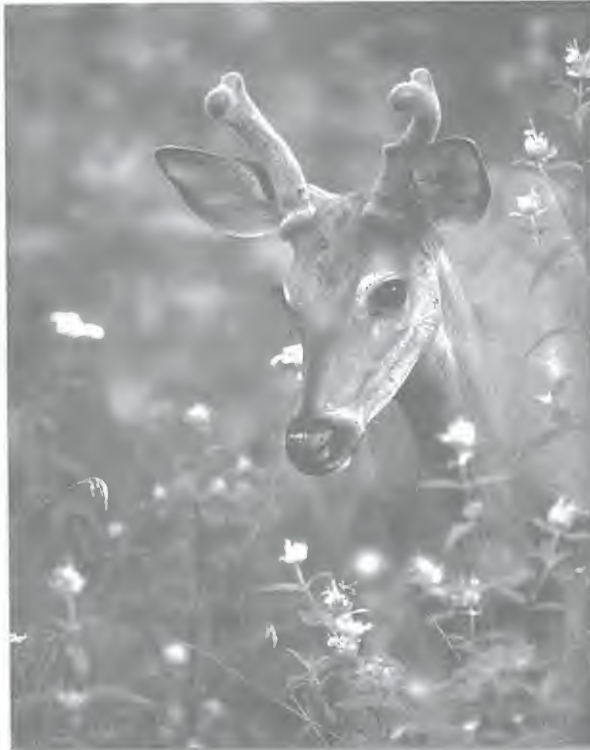


Photo by Bryan Mitchell (www.mountainbikemichigan.com)



MOUNTAIN KIDS CORNER

I've had a very fulfilling tenure as the Mt. Kids director but now I am moving out of state. The MMBA is looking for a new Mountain Kids Director. Why not you? It is essential that someone steps up to take over this important and valuable program. Contact me or the MMBA president at: president@mma.org for more information, if you are interested. Thank-you!

Karen Millar—Mountain Kids Program Director

Upcoming events: Van Buren Parks and Rec. June 17 and July 13, both at Island Lake, 10:00 - 1:00. And, July 6-7 in Grayling. Come and see what it's all about!



VOLUNTEER SPOTLIGHT

Bob Noles

Age: 35

Occupation:

Machinist

Bikes: GT LTS, GT Lightning, 03 Giant TCR, 2 Road bikes.

Why I ride: It reminds me of when I was a boy on my YZ80 rip-pin' up the trails around Cadillac.

Why I volunteer for Mt Kids: It's a good way to meet people and to give back to the community.

My favorite Mt Kids moment: I like it when they make it down a screamin' down hill, the look on their face is great!

I would like to express my appreciation to Bob for all the help he has given us. Bob worked with Tom Klinkman to overhaul all the bikes this spring and install quick release levers on the seats. Bob has taken the position of "substitute trailer hauler" when Tom can't make it and has been an integral part of our program. Thanks!
Karen Millar.



Photos by Karen Millar

From the Kids

"Thank you for taking me on the best biking trip ever and my only. I liked the sites and the bike you let me use."

"Thank you, for letting us come along with you. Guiding us along the trail. And helping us along the trail if we got hurt or fell off our bikes."

"Dear Mountain Kids,
Thank you for the time you spent with us. I really liked the mountain biking trail. I had a lot of fun. I would like to go on it again!"

"Dear Mountain Kids,
Thank you for letting us come and ride bikes and have a good time. I will come back and have another good time and go off road on bikes again. I am glad you guys let us come and have an experience on bikes on dirt trails."

"Dear Mountain Biking Kids,
Thank you for letting me ride your bikes. I enjoyed going mountain biking. My mom had fun too!"

For more information, or to schedule an event, contact Todd Scott. president@mma.org



Women and Bikes

(we might surprise you!)

2nd annual MMBA & the DNR Becoming an Outdoor Woman, Mountain Biking Symposium a big success, Big fun!!!

By Pam Tumbarella

The 2nd annual BOW Women's mountain biking symposium was a success. It was quite a surprise to see so many women show up with the unseasonably cold weather. The volunteers are all crazy mountain bikers who ride in any weather, so I expected them to show.

We were more organized this year. Being organized is important because if women are giving up a whole day to learn about biking, we owe them the courtesy of doing our best to make it worthwhile. I think we did better with the timing and changeover this year. The 10 minute warnings and the air horn helped keep everyone on track.

This year we seemed to have more experienced riders attend than last year. I saw lots of bike shoes-something that most beginners haven't yet acquired. The women who participated came in a wide variety of ages, abilities, and equipment. It's nice to see so many women enjoying the sport and willing to give up a whole day to learn a little about mountain biking.

I was involved in the bike maintenance class. Several of the women had already changed their own flat tires, while for many it was the first time. Fixing chains was another matter-most had never fixed one before. Now I hope that if they have a chain tool, they will be able to repair a broken chain on the trail. The 'hands on' experience helps develop confidence.

The volunteers were wonderful. My thanks to Karen and everyone who helped make the event a success. I look forward to the 3rd annual BOW clinic.

Reflections on the BOW clinic from the MMBA.org Bulletin Board

Who am I ???

I woke up this morning early to be at Stony Creek by 9 am. I rode through rain, snow, hail, wind, cold, smiled and laughed the whole time! I rode a rock garden, log pile after log pile some low, some high, dropped down steep ditches, climb back up! I had to put with guys named Al, Terry, Tom, Bryan, Bill etc., etc. for 6+ hours! Can anyone guess yet? They are the 65 women who rode at today's BOW Mtb Symposium and impressed the hell out of me.

BOW Symposium

My hat is off to all of the wonderful people who are responsible for putting on a first rate seminar yesterday despite the nasty weather. I found the instructors to be very enthusiastic, helpful, and fun. I learned a

lot. I especially learned valuable info at the maintenance clinic and won't feel completely helpless if I ever have to change a flat or fix my chain. The skills session was also time well spent. I hope that the clinic continues on next year.— Dirtdevil

"Really made me want to try it again and gain a little more belief I can do it. I think one of the things I gained is the idea of breaking things down into small segments and working on that segment until I feel confident and ready to move forward. Prior to today I had just thought 'ride the trail' Not learn how to climb. Practice climbing. Feel confident whenever I face a climb. I don't think a one day clinic will teach everything but it's a great place to start and I wish I had been able to do something like this the day after I bought my bike. I think I have missed a lot of fun!"



Photo by Bryan Mitchell (www.mountainbikenichigan.com)



finished it off with a joyful holler! Matter of fact you could hear this same sort of holler all over the woods, followed by cheers and words of encouragement, and you knew that someone had pushed themselves and was successful! As far as the weather, I don't think too many of us would have just gone out and ridden in that weather, but it added to the atmosphere of the event! When you look at pictures taken there, they all have one thing in common, everyone is smiling!! - Tom Lining

From an participant's standpoint....

Hi all! I'm new here, I was at the BOW event on Saturday! Tom and Alicia were awesome! :) Karen was great too! So friendly! What a great event! Also, I loved the single-track cake, it was so cute! I decided to go out in spite of the chilly weather & was very happy I did! I was in Tom and Alicia's first skills group. I think we rocked! At first since I went solo to the event I felt sorta weird, but then I saw some people I knew instructing one of the clinics. Everyone I met was so helpful and friendly :) I learned so

Re: Who Am I?

What an awesome day! The ladies were soooooo wonderful- what great spirit to come out there and stick it out in the cold and sleet!! The smiles, and the gratitude of the participants was overwhelming! We have a lot of NEW recruits with new confidence that will have them hooked forever! Excellent performance by the maintenance crew, the MTB patrol, and the clinic & skill instructors! Thanks for the added support and demo from Specialized & Jones Soda's- this type of support only shows that mtbers are the BEST people in the world!!!!!! - April Wassermann

"I was going to say "Can you control the weather?", but somehow the weather was fitting. Getting together with a bunch of great folks and have a great time in spite of the weather seems so fitting for mountain biking to me. After all we aren't out on nicely paved little trails. We are out there in nature - the good and the bad why should we always have a perfect sunny day?"

"thanks so much to you and everyone who was involved in this. Personally I have taken my lessons to heart and worked up to riding the yellow loop at Island Lake. I'm still doing most of my miles on either dirt roads or paved paths out here in the Milford area, but I'm working on it and riding my bike a lot. I may not be ready for Leadville yet (or ever) but I'm having a great time enjoying my bike! Hope to see you out there sometime!"

much and did way more then I thought I could! Like Tom told us; there's nothing in there we couldn't ride on or over! I loved the log piles! I hope to get a lot more involved with the MMBA and ride a ton more. I am still a bit scared on some stuff, the little pushes help a bunch! I'm hoping to get out on some group rides; hope newcomers with a touch of fear are welcome! I can't wait till next year! I plan on doing the BOW event again & hope for warmer weather :) I wish there were more things like that, where newer riders would be able to learn more from the advanced riders! I know I'd sign up:) - Kittenbug

From an Instructors standpoint....

I had just as much fun as the ladies I was teaching, and I'm pretty sure I can say that for my partner Alicia as well! The first thing we told our group was, there is nothing in this park that you can't ride! That got us some funny looks! Our first stop, the rock garden, 5 for 5! Some smaller log piles, again no problem! They were all riding really well and supporting each other, laughing, having fun, and it was very fun to watch! Up Mt Sheldon and down the singletrack. Then, we stopped at the biggest log pile. We asked "Who wants to try it?" First impression was No Way, then Alicia rode over it, and one by one they started walking back up the trail. You could just feel the nervousness, and one by one they rode over it, not always making it on the first attempt, but they all did make it. Once off the logs they



Photos by Bryan Mitchell (www.mountainbikemichigan.com)

MMBA **FESTINA** **CPS** *Championship Point Series*

Racing News

Upcoming Races:

6/15/2002 & 6/16/02

#4 Whiskey Creek Stage Race

The series returns to Whiskey Creek near Ludington for a two-day stage race, which includes time trial, dirt crit, and cross country racing. Only Sunday's race counts in the series. Other non-competitive events are planned for the festival weekend. Expect this event to draw a large gathering of mountain bike folks. Call (616) 898-2030 for camping options. Contact: Tailwind Enterprises, (248) 634-6178.

6/30/02 #5 Bloomer Park

The technical riders and locals flock to the Bloomer Park race in Rochester Hills. Spectators love to watch riders navigate the switchbacks. The course routing is always just a bit different from the last time and always challenging. No on-site camping. Contact: Tailwind Enterprises, (248) 634-6178.

7/13/02 #6 Stony Creek Time Trial

This time trial is a mix of fast fire roads and smooth flowing singletrack with a boardwalk and stream crossings thrown in. This race is a solid warm-up for the XTERRA off road triathlon and duathlon on the next day. This race is also a good place for first-time racers to get into the sport. No on-site camping. This is a Saturday race! Contact: Tailwind Enterprises, (248) 634-6178.



Yankee Springs Time Trail.



Photos by Bryan Mitchell (www.mountainbikemichigan.com)

Fort Custer Stampede.

7/21/02 #7 Ruby Campground Cross Country

The Ruby Campground course near Port Huron has blossomed over the years and is now one of the favorites on the circuit. The hills are technical whether you're going up them or down. The river crossings are also tough but a favorite hangout for the cheering spectators. Call (810) 324-2766 for on-site camping options. Contact: Tailwind Enterprises, (248) 634-6178.

8/4/02 #8 Big M Cross Country

Big M XC - Manistee Contact: Tailwind Enterprises, (248) 634-6178.

8/25/02 #9 Duane Chambers Memorial Time Trial at Fort Custer

This race is the last of the three time trials in the Festina/MMBA series. This is another excellent choice for first-time racers. *This is an MMBA Southwest Chapter trail fundraiser.*

Contact: Tailwind Enterprises, (248) 634-6178.

9/8/02 #10 Stony Creek Cross Country

The series revisits Stony Creek for a cross-country race! No on-site camping.

Contact: Tailwind Enterprises, (248) 634-6178.



FESTINA™

9/15/02 #11 Addison Oaks Fall Classic

This fast and open course north of Rochester tends to keep groups racing in packs like a road race. And like road racing, tactics can play a part in this race. Can you stay on the leader's wheel? Can you beat the pack to the technical singletrack and make some time on them? Show up and find out.

Contact: Oakland County Parks, 2800 Watkins Lake Road Waterford, MI 48328-1917, (248) 693-2432.

9/29/02 #12 Aspen Park Cross Country

The final race in the series is located in Gaylord! The **Aspen Park Singletrack** is located in a rolling 100 acre park that winds through stands of pine, hemlock and live beaver colonies. Watch out for fallen trees! This is going to be a fast course along with hill climbs and switchbacks.

Directions to the trail: Take I-75 exit 279, go north on Old 27 past first traffic light about a mile up. Look for Commerce Rd, on the right. There are two banks on each corner of the street. Turn right and follow road to the end. The parking lot is at the end of the road.

Note that the race may be staged at the nearby middle school. To get to the school, follow I-75 exit 282 (the north Gaylord exit) and head east (right) towards town. Go through town. At the very edge of town turn right on Maple Street. Follow around curve, the school is on the right and very easy to spot.

Contact: Tailwind Enterprises, (248) 634-6178.



Photo by Alice Mitchell (www.mountainbikemichigan.com)

Addison Oaks spring race.

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Ann Arbor, MI 48106

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Chapter Chatter

Potawatomi Chapter News

Election Results and Appointments

The following officers were elected at the Chapter's first meeting of the year:

President	Robert Hurley
Vice President	Emil Sims
Treasurer	Jason Jones
Secretary	Jim James

The following appointments were made for Trail Coordinators:

Potawatomi	David Welsh
Brighton	Emil Sims
Ann Arbor NorthEast Park	Eric Boxrud



Brighton Reroutes

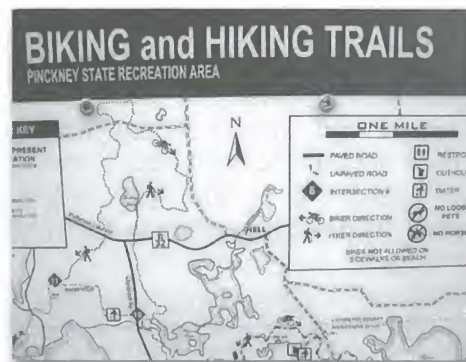
The Poto Chapter did 2 reroutes at Brighton Recreation Area on May 4. The main objective of the reroutes was to make the Murray Lake Trail more friendly to the beginner rider. The bigger re-route bypassed a rutted, off-camber downhill about 2 miles into the trail. This hill was tops on our list due to one accident here at the Brighton Time Trial and because a co-worker of mine broke his elbow on this hill after I convinced him to try the Murray Lake trail because it was easy! The theme of this re-route was: erosion-free, fast, fun, and bermed. No off-camber stuff here. The MacLeod tools (donated to us by Two Wheel Tango) made it very easy to put in the berms and they really help with maintaining a flow. The second re-route is only about 0.1 miles into the trail and eliminated a washed out corner with a drop off to the outside. I'm sure this spot was highly discouraging to Murray Lake first-timers!

For those who are looking for extra miles at Brighton, try out the 2 mile Appleton Lake Loop. It starts and ends about 0.1 miles west of the Murray Lake trail exit, on the north side of Bishop Lake Rd. This is essentially just north of the trailhead parking lot. It's shown on the Brighton Map in the MMBA Trail Resource Handbook. We put some time into trimming and marking it last fall, so it's ready-to-ride!

Finally, it should be noted that the Brighton Maintenance Day on July 13 will be rescheduled in order for us to lend support to the Pontiac Lake Chapter in their efforts to complete the Pontiac Lake trail segregation by the end of the year!

Thursday Night Rides

Despite a serious case of wedding bell fever the Thursday night Poto ride and grill tradition is as strong as ever. We are delighted to see lots of new faces. Check MMBA calendar at mma.org for dates and times.



Potawatomi Signage

For years bikers and hikers alike have been afraid of getting lost on the long and often confusing trail system at the Pinckney Recreation Area and for good reason. This year, the DNR not only approved signage, but also provided 12 sturdy wooden signs including a map and directions. The Poto chapter stepped up and volunteered to install the signs. Thanks to the help of an 8" power auger (a.k.a. "the raging bull") the team was able to install most of the signs in a single day.

It is rewarding to see the level of trust and cooperation between the MMBA Poto chapter and the local DNR rangers. We can be proud that the local rangers trust our knowledge and commitment enough to entrust the MMBA with executing this important project.

Thanks to the dedicated members who made this possible. It was a fun and rewarding experience.

Upcoming events

Double Poto – Now that many of us have shaken the winter insulation a handful of hearty soles will continue the tradition of the double Poto – Yes, kids, that's two 18 mile

laps for your riding pleasure. The event takes place on the Tuesday before the last Thursday of each month. Watch the calendar for updates.

Chapter Trip – As this edition of the BRB goes to print the chapter is preparing for its annual camping trip to ride the North Country Trail and the Big M... sure to provide plenty of trail-side tall tails for weeks to come.

Northeast Chapter News

The Northeast Chapter has been working on several issues including the unveiling of a new single-track, a skills clinic, a meeting with the DNR to discuss the closure of the Gladwin Field Trials Area to mountain bikes and another meeting to discuss the development of new trails on state land near Sanford, MI.

New Trail Dedication in Midland County:

On Saturday, May 18 local mountain bike riders took part in a Ribbon Cutting Ceremony for the newly developed Midland City Forest Singletrack. The event was titled "Trail-a-bration" and involved a 21 cap-gun salute, blue angel flyover, and group ride of the new trails. Many people attended including local bike shops, trail builders, MMBA representatives, local media and Midland County Park representatives. Hats off to everyone that helped make this trail and this event a reality! If you would like to find more information about this trail or news about this event go to the MMBA - Northeast web page.

Proposed Closure of the Gladwin Field Trial Area to Mountain Biking:

In early May, the leadership of the Northeast Chapter of the MMBA was notified by some concerned riders about a proposal by the National Resource Commission (NRC) to close some trails in the Gladwin Area to mountain biking. This proposal is being discussed at the monthly meeting of the National Resources Commission on June 6th & 7th. It recommends that the Gladwin Field Trail Area near Meredith, MI be closed to activities such as mountain biking and horse-back riding except on designated trails. There are currently no trails that are designated for mountain biking.

This area has been used for many years by mountain bikers and we would like to continue use this area for mountain biking. Nick Long, the MMBA Northeast Chapter President, has arranged for a time on the NRC's calendar on June 6th at 4:30 p.m. to present our thoughts on this issue. If you would like to get involved with this issue or would like to be kept up to date please contact northeast@mmba.org to be placed on the email discussion list.

Meeting with Local DNR to Discuss the use of land near Sanford, MI for Mountain Biking.

On State land near the Pine-Haven Recreation Area in Sanford, MI there are many miles of land that is being used for mountain biking. These trails have been developed by local riders and have caused some concern by some members of the DNR. This meeting is to discuss ways in which

the MMBA can work with the DNR in the future to develop legitimate, well-designed and mapped trails for mountain bike use. This meeting will take place on June 19th in Sanford. For more information please contact Nick Long at northeast@mmba.org.

Skills Clinic.

On Saturday, June 29 at 10:00 a.m. we will be having a mountain bike clinic at the Pine Haven Rec. Area in Sanford, MI. This clinic is for new mountain bike riders or more experienced riders that would like to hone their skills. We will be discussing and practicing riding over logs, going down and up steep hills, maneuvering narrow pathways, effective braking and several other mountain biking skills. Jim Keenihan will be there to assist everyone. Jim is our chapter race coordinator and a very experienced mountain bike rider and racer. He also took first place in last year's statewide MMBA point series for expert riders 35 and older. Everyone is welcome. Bring your mountain bike and your helmet. This event will include at least a 4.5 mile ride on the single-track trails. Please contact Nick Long at northeast@mmba.org or 989-714-1313 if you plan on attending.

Northern Chapter News

Aspen Park

Pathway opening ribbon cutting ceremony was held May 17th. Several dignitaries attended the ceremony at Aspen Park including Gaylord Mayor, Gladys Solokis and members of the MMBA northern chapter. The paved pathway is finally open. The singletrack has a current length of 4.9 miles and is very "elevation challenging", in other words, hilly. This will be one of the best trails in northern Michigan very soon. It should also prove to be very popular as it is in Gaylord right off the main roads and between two I-75 exits. The Gaylord Herald Times did a front page article on this event in the Lifestyles section, Wednesday, May 22, 2002. Our chapter was mentioned in addition to promoting our twice weekly bike rides out of Gaylord. Very exciting stuff! While being more open flowing than technical in design, this trail has a little bit of both, with a lot of climbing thrown in for good measure. Live beaver colonies, deer, fox plus many other animals and tons of wood peckers will make for a very challenging, yet rewarding ride in a "wilderness" like setting right in town. You must visit this trail and ride it, **ASPEN PARK SINGLTRACK ROCKS!!** (We are working on an official name for this trail)

Trail Coordinators

TC training was held May 11th at Aspen Park, Gaylord, MI. About 15 people showed up. It was an extremely productive day with several miles of trail rough cut, in addition to several miles having the final trail inspection completed as well. Collectively our volunteer army spent 75 hours on the trail. Our favorite trail coordinator, Dan Harrison was present to help out and share his knowledge with our volunteers. Our intention was to ride the trail after our work, however Red Wing Fever took

hold and we left to watch the hockey game.

Additional Trail Coordinators are being sought to work on trails. If you have a trail that you really enjoy and wish to keep it open, you should contact Jeff Wegmeyer at jpo300@hotmail.com.

High Country Pathway

An "adopt a trail" program is being initiated by our 2002 Trail Volunteer of the Year, Larry Heath. Larry has kept the HCP open for bikers the past several years with very little help. He put together a very good program to keep the HCP open year round for bikes. The HCP is an 84 mile loop that is within the Pigeon River Forest Unit. Larry has broken up the loop into small, workable sections that are numbered from section to section like blue dot trails are numbered sometimes. The program is for riders to adopt a section of trail that they call their own and agree to maintain it during the year.

This is good for a couple of reasons. First and foremost, the trail is being maintained by people who care about their trail and want to keep it open and in good condition. Secondly, in light of what we are attempting to accomplish regarding the Epic Ride status of this trail; we believe IMBA will look more favorably on nominating this as an Epic Ride than if the trail were not regularly maintained in such a fashion.

The only way for this to work, however, is for our riding community to step up to the plate and assume ownership and responsibility for this trail. If you are interested in participating in this very unique and creative method of trail maintenance, visit the mmba.org web site and contact us via the northern chapter link.

Raffle Ticket Sales

In an effort at increasing our chapter's checking account balance, the northern chapter has a raffle going on. Tickets are only \$4.00 each or 3 for \$10.00. You can win a new Cannondale Scalpel 800 mountain bike, Trek 1200 road bike, Yakima bike racks, plus Atomic race skate skis, tools, repair stands, clothing, accessories plus much more. Drawing to take place Sep 29 at the MMBA Points Series race held at Aspen Park, Gaylord, MI. **YOU NEED NOT BE PRESENT TO WIN!**

DNR

Work with the DNR is progressing on various state forest property issues including Wildwood Hills pathway and the Shingle Mill Pathway. The latter is scheduled to have a trail work weekend June 28, 29 & 30. Camp sites are made available to us by the DNR. Some heated discussion is taking place regarding our issue of pay to play or don't play at all. My personal belief is that we must pay to play to get funding and trails opened and maintained, not to mention the fact that we need to be recognized as a bonified user group by the Natural Resources Commission. As unfortunate as it is, all other state forest user groups pay to use the state forest property including orv's, hunters, fisherman, campers, etc. It is our **ultimate responsibility to take some fiscal responsibility for**

the priveledge to ride these trails. Riding trails is not a right, it is, rather a priveledge. If you want the little \$20.00 sticker in your window to work, then you should stick to state parks trails, not state forest trails where the money is sorely needed.

Race Results

Team Latitude 45 finished the 24 hours of Boyne in 6th place with 21 laps. This is the first race for all four members: Christian Janssens, Jess Barden, Eric Drews and Mitch Heinckel. Congratulations to a strong finish in a weather-beaten 24 hours.

Rodney and the Sub-Saharan Sex Monkeys, aka Jason Snell from Latitude 45, completed the race solo with a total of 13 laps for 4th place!!! Way to go Jason. Bob Volant and Chris Hanson, both from Gaylord, finished the race with 23 laps for a **FIRST PLACE FINISH** in the two person team Men's Sport Division!! These guys ride like the wind. Congratulations to all race participants at this real wet, cold, race event.

South West Chapter News

The 2002 Fort Custer Stampede is now history. Thank you all for your part in the most successful event we've ever hosted. Thank you racers, your families, and support personnel. Thank you sponsors, Alfred E. Bike, Billy's Bike Shop, Breakaway Bicycles, Caffé Casa, Children's Therapy Center, Felpausch, Gazelle Sports, TS Print Centers, McDonalds of Galesburg, Milwood Schwinn, MMBA, Pearle Izumi, Powerhouse Gym, Tailwinds, Team Active, and Village Cyclery. Thank you Fort Custer DNR staff. Thank you medical volunteers, you deserve special recognition. And thank you the citizens that had to go without trails during the event with the exception of the person that rerouted the expert/elite categories around Whitford Lake. Five racers took the scenic route when the markings at the Lawler Cemetery turnaround were tampered with.

This is the first year that we staged the event away from the convenience of the campground. On one hand we successfully reduced complaints from campers and restored peaceful tranquility at the campground. On the other hand, we grossly underestimated the parking space needed and a few more porta-potties would have been nice too. Feedback was predominately positive and most respondents had good comments for the course and trails. I have recorded the good and bad and debriefed with the land manager and we have already talked about changes for improvement for 2003.

On the subject of trails, let me bring you up to date on T. K. Lawless in Vandalia. The timber company should be done in early June and Scott, Roland, and Steve will survey the site and decide what needs to be done. The Park and trails were treated with respect by the loggers and the earth is not as damaged as it might have been. In comparison to the damage at Fort Custer, I would say that there are fewer but larger trees at TK. Steve Barns has a knack for trail design and I trust his judgment. We may be able to announce work parties very soon.

Trail days at Fort Custer have been very productive and we have been taking advantage of all the fallen timber for use on trail projects. We are using pest resistant locust to harden trail surface. We start with sis to 10 inch diameter logs cut about 32 inches long. We split these into two half round boards and bury them where needed to corduroy the trail surface and to divert water. If you were at the Stam-pede we used this technique on the down hill near the finish. Works fine, lasts-a-long time. We recently got permission to study and attack solution to a persistent flooding problem on three of our dammed lakes. The problem was identified and full flow restored at three culvert pipes. The clogs were caused by natural vegetation collecting on masonry materials placed in the culverts by vandals. Lake levels should return to their engineered levels in about a week. We can then repair trail damage caused by the ram-paging Whitford Lake.

Pontiac Lake Chapter News

The situation facing us:

The trail segregation project at Pontiac Lake Recreation Area, started several years ago, is moving ahead, albeit slowly. Recent developments in the DNR staffing have greatly increased the need to finish the segregation of the horse and mountain bike trail systems. The situation today is that we MUST finish separating the trails by the end of this year. Unfortunately, the amount of work ahead of us is much greater than the number of volunteers we've been able to get out at the trail days. Unless we can increase the number of volunteers, the only way we can finish the segregation is to NOT build the miles of trail that would replace the sections lost to the overall project.

The bottom line is, without more people helping at trail days, the trail system at Pontiac Lake will be 6 to 7 miles of uninspiring trail by the end of the year - not the 10 to 11 miles envisioned under the proposed plan. To regain the lost sections of trail might be very, very difficult. The quality of the trail at PLRA is completely dependant on the number of volunteers who show up to help with this project - it is completely in our hands, the riders.

What we need to do:

There are 4 more workdays scheduled for 2002 - the next is Saturday, July 13th. The work is hard, but the reward is great. I'm asking everyone to do their best to come out to help. Whether you can make it only the 13th, all the days left this year, or only half of one day, please come and lend a hand. The day will start at 9:00 am, lunch is provided at about noon, and the day is finished at about 3:00 or 4:00 pm. Come at 9 or come at 1, just please come. One time or 4 times, whatever you can do will help.

The remaining workdays at Pontiac Lake this year are:

Saturday, July 13
Sunday, August 11
Sunday, September 22
Sunday, October 13

Meet at the Organizational Campground parking lot off Teggerdine Rd on the West side of the park. Take M-59 to Teggerdine north. Go about 2 or 3 miles and turn east into the park entrance. The parking lot is on your left about ¼ mile in.

Don't forget, the time you log at a maintenance day is credited toward your total in the Ed Berta First Across the Finish Line awards. If you log 10 hours trail work for 2002, you will get a gift as a reward for your efforts. Last year's recipients got a custom, stainless steel coffee mug.

Southeast Chapter News

Monroe's Munson Park

The new trail cutting is going well. This trail's location is quite convenient for those living downriver and in Toledo, as well. For more information on how you can help build this trail, contact Robert Forshag at rforshag@hotmail.com.

Commerce Township's Hickory Glen

The Parks and Recreation Committee approved our trail proposal in May. For more information on trail workdays, contact me, Todd Scott at southeast@mmba.org or (248) 288-3753.

Novi's Tree Farm

Work continues to build more singletrack and replace what will be lost in the big land swap with the developer. Works is also underway for a new trials/tech riding area! For more information on how you can help, contact Scott Silvers at SRSILVERS@HARLEYELLIS.com or (248) 348-6215.

Maybury's Summer Solstice Night Ride

You may not get this newsletter in time, but if you do, don't miss the June 18th night ride at Maybury. We should meet at 8:30pm in the lots off of Eight Mile Road. Bring your lights! This is always one of the more sociable, fun rides of the year.

Stony Creek's Backroad Boogie

September 21st is the scheduled date for our Backroad Boogie event. This is a dirt road tour and fundraiser for the MMBA Mountain Kids Program with 6-, 28-, and 40-mile options. It includes side trips to nearby singletrack trails. This is a great training ride for those looking to race at the Iceman. For more information, contact Aron Griffin at (734) 941-3451.

MEMBER SHOPS

The stores and services listed below are MMBA Members as of October 2001.

Those listed in bold text give 10% discounts to MMBA members!

It wouldn't hurt to thank them all the next time you're in their shop.

Adrian

Adrian Locksmith & Cyclery
(517) 263-1415

Allen Park

Roll Models
(313) 382-1990

Birmingham

Bike USA, Inc.
(248) 594-8850

Brighton

K2 Bike
(810) 632-6325
www.k2bike.com

East Lansing

Denny's Cycle Sports
(517) 351-2000

Flint

Assenmacher's Hill Road Cycling
(810) 232-2994
www.assenmachers.com

Gaylord

Latitude 45 Cycle and Sport
(517) 731-4540

Grayling

The Bicycle Shop
(517) 348-6868

Jackson

On Two Wheels
(517) 789-6077

Jenison

Village Bike Shop Ltd.
(616) 457-1670

Lansing

Denny's Cycling and Fitness
(517) 321-6700

Muskegon

Breakaway Bicycles
(231) 759-0001

Okemos

Central Park Bicycles
(517) 349-8880

Owosso

House of Wheels, Inc.
(989) 725-8373

Oxford

Main Street Bicycles
(248) 236-9100

Port Huron

The Bicycle & Fitness Barn
(810) 987-2523

Royal Oak

American Cycle & Fitness
(248) 542-7182 (also in Novi/Walled Lake, Sterling Heights/Troy, and Grosse Pointe Woods)
www.americancycleandfitness.com

Schoolcraft

Village Cyclery
(616) 679-4242

Southfield

Steve's Specialty Sports
(248) 642-6676

Traverse City

City Bike Shop Inc.
(231) 947-1312

Brick Wheels
(616) 947-4274

Utica

Main Street Bicycles
(586) 677-7755

Zeeland

Zeeland Schwinn Cycling & Fitness
(616) 722-6223

Please send corrections to BRB@MMBA.ORG or call (248) 349-1937

Dear MMBA,

It is with a degree of sadness that I announce my recent engagement. Although I'm incredibly happy having met such an amazing man, it still feels a twinge bittersweet. Why? Because, although Salt Lake City is an outdoor enthusiast's paradise, it is not Michigan.

You see, I'm leaving.

What can I say? I'm a sentimental sort. My roots here run deep and one very thick, clingy branch of that root structure is wrapped around the MMBA, the thought of severing this root branch is extremely difficult for me. As corny as it sounds, I've become quite attached to all the crazies in our MMBA family. The board members, the racers, the recreational riders and particularly the incredible guys and gals that have volunteered to work with me on various programs over the years. There are so many selfless, kind, down to earth people in this organization it amazes me. I can not begin to clearly express what you all mean to me.

I have had some of the best times in my life with these mountain bike riders, plain and simple. I want to say thank you, from the bottom of my heart for all your help and support of the programs I have worked on, for the great trails that let my spirit soar and for the good times that I will remember with fondness and a smile for the rest of my days.

I'll be leaving at the end of July but will be back for Iceman and I'll be around for a few weeks in the summer - hopefully we can share a trail and a laugh then.

Peace,

Karen Millar—editor BRB



Photo by Bryan Mitchell (www.mountainbikemichigan.com)

Below are additional MMBA corporate sponsors.

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Grayling Area Visitors Council
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www.grayling-mi.com



F.Y.I

Promote your web page!

We've added world wide web pages to the member bike shop list - if your company's web site is not listed, drop a line to membership@mmba.org and we'll include it in the next issue.

From page 18

Western Chapter News

The chapter had a very successful trail care day on Saturday, March 30th, with 36 volunteers. Thanks to everyone who came out and worked so hard, we were able to get the trail in great shape for the 13th annual time trial benefit. The April 21st time trial was a success, and a good time for participants and others. We owe it all to the many people that made it happen, including Tailwind Enterprises, Breakaway Bicycles of Kalamazoo, Yankee Springs State Recreation Area, over 30 volunteers, and many other sponsors who helped make the event a success. We'll be scheduling another late summer / early fall trail care event out at Yankee, so watch the MMBA web page and chapter mailings for upcoming events.

Contribute!

Want to get published in the BRB? The BRB welcomes submissions and artwork from MMBA members. This is your newsletters so send stuff! Email your story ideas, stories and photos to brb@mmba.org. If you can't email items or have questions call Bryan Mitchell at 248-349-1937. Keep the stories short and about Michigan or Michigan Riders. Email copy in the body of the email with no formatting or better yet in a Microsoft Word document, again with no formatting.

Photo guidelines: Make sure photos are in focus, the subject is fairly close and they are interesting. Also try to make sure faces are lit well. Email photos to bryan@bryanmitchell.com. Keep the files large. Try to send sizes of at least 5X7 at a resolution of 300ppi. (2000X2000 pixels and a file size of at least 2 mb) Email photos as JPEG attachments and don't imbed them in documents like Microsoft Word. (make sure they have .jpg at the end of the file name).

Want to advertise in the BRB?

The Bent Rim Bugle offers inexpensive and targeted advertising which helps with the cost of producing this cool newsletter.

Contact us at brb@mmba.org or call (248) 288-3753 for more info and ad rates.

The Trail

*As I awake and greet this cool spring morning
I look out my window
I here a whisper on the breeze
She is calling me
I close my eyes and feel her misty breath
I've waited through the long cold winter for her touch
I can't resist her pull so off I go
I meet her with all the excitement of a first date kiss
As She Lays out before me
She stretches out her beautiful natural curves
Begging me to ride her
Faster and faster, Slowly up then quickly down
Weaving in and out, around and around
The sweat begins to roll
From beginning to end it's a ride like no other
The scent of the earth in the air reminds me of where I am
The trail ...
That mystical place where all that is good come together
To play in a harmonious dance of power, speed, grace, skill, nerve and sweat.
Pedaling through the newly budded trees, past the song birds alive with Spring
The feel of earth beneath my tires
The sound of a chain whirling around
The wind whistling past
The scent of wildflowers hovering in the air
This is a place where man, machine and nature become one with life
This is a place where for a brief, precious few moments time stops and
We lose ourselves in the essence life itself.
This is the trail*

Robert Michel 4-3-02



Photo by Bryan Mitchell (www.mountainbikemichigan.com)

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you've biked before.**



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Fresh custom Euro-roast coffee beans. Ride faster.

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\$38 for 5 pounds

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Heather with black logo and highlights. Available sizes: M through XXL. Frankie has one, you should too.

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MMBA Jersey

Made by Biemme. Get all black and blue without crashing. Available sizes: S through XXL, but they do run on the small side. (These are not the new style. There are about 20 left, collectors item! Get one now!)

\$53



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Waterford, MI 48327

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Michigan Mountain Biking Association

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